

Erasmus+



Co-funded by the European Union



**YOUR SUSTAINABLE STAY
ABROAD
WITH ERASMUS+**



Version May 2025





WHAT IS A SUSTAINABLE STAY ABROAD?

Stay abroad

before

during

after

- Green travel: Arrival/departure by train, bus, bicycle or carpooling
- Shopping, mobility, tourism, engagement, behaviour
- Write a report, continue practicing good habits, get involved in your home country, regionally and/or internationally





WHY SHOULD YOU TRAVEL GREEN?

- Reduce your ecological footprint!
- Make a contribution to environmental protection!
- Get an impression of the country and its people and explore interesting destinations along the way!





WHAT IS GREEN TRAVEL?

“Green Travel” or “environmentally friendly travel” refers to travel “where low-emission means of transport are used for the majority of the journey”, such as bus, train, bicycle or carpooling“

(Erasmus+ Programme Guide 2024, p. 529 German Version)

What does not count as green travel?



- Airplanes, single-person car journeys, ships and ferries

When is a trip considered as being green travel?

- At least 50% of the journey to and/or from the destination by bus, train, bicycle or carpooling



before

during

after



HOW DO I REACH MY DESTINATION COUNTRY SUSTAINABLY?



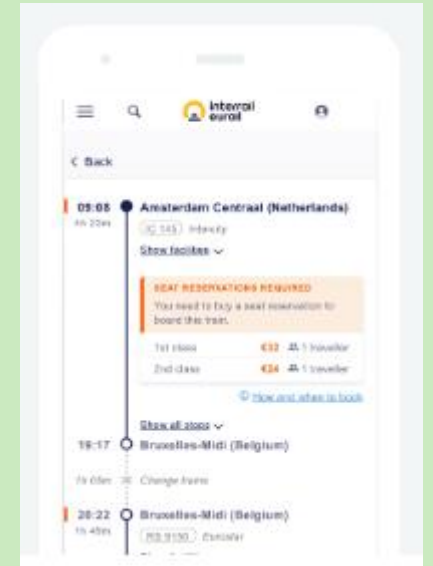
Car Sharing



Trans-European connections of DB (budget price „Europe“)



Night trains
→ [Night train map](#)
→ [Best routes](#)



[Rail-Planner-App](#)



[Interrail Pass for Erasmus+ Participants](#)

FLIXBUS

eurolines

Bus trips



Local railway companies



Research platforms

before

during

after



ERASMUS+ ADDITIONAL FUNDING FOR GREEN TRAVEL

Funding for up to 6 travel days in addition to the internship days depending on the means of transport and distance to the destination



Travel allowance depending on the distance to the destination



before

during

after



INSPIRATION SUSTAINABILITY

FURTHER INFORMATION



Find the best connection based on travel time, price and emissions → [routeRANK](#)



Get tips for climate- and environmentally friendly mobility
→ [Travel Navigator of the DAAD](#)



Check your airline's climate efficiency
→ [Atmosfair Airline Index](#)



Pack eco-friendly
→ [Guide to sustainable packing](#)



Compare energy consumption and greenhouse gas emissions of transport means
→ [ecoPassenger](#)



Calculate your CO₂ footprint
→ [The CO₂ calculator of the Federal Environment Agency](#)



Find articles, information and much more on the topic of sustainability
→ [Dossier Sustainability \(studieren weltweit\)](#)



SUSTAINABILITY ON SITE

Shopping

For clothing and household items: Buy second hand (classified ads / flea market groups on social media / university bulletin board)

Shop as plastic-free as possible, e.g. take your own shopping bag

Buy regional and seasonal food, use food sharing and buy at markets and local farms

Do not buy anything from products made with endangered animals

Tourism

Explore sustainable attractions and sights

Select climate-friendly accommodations

Do not take anything from nature reserves and historical sites

Visit local restaurants

Mobility

Use student tickets, a bicycle, bus and train for travels within the destination country

Engagement

Be involved in university groups

Support sustainable initiatives and local environmental protection projects, e.g. beach clean-ups

Behaviour

Use reusable drinking bottles

Practice waste separation and recycling (circular economy)

Save water and electricity

before

during

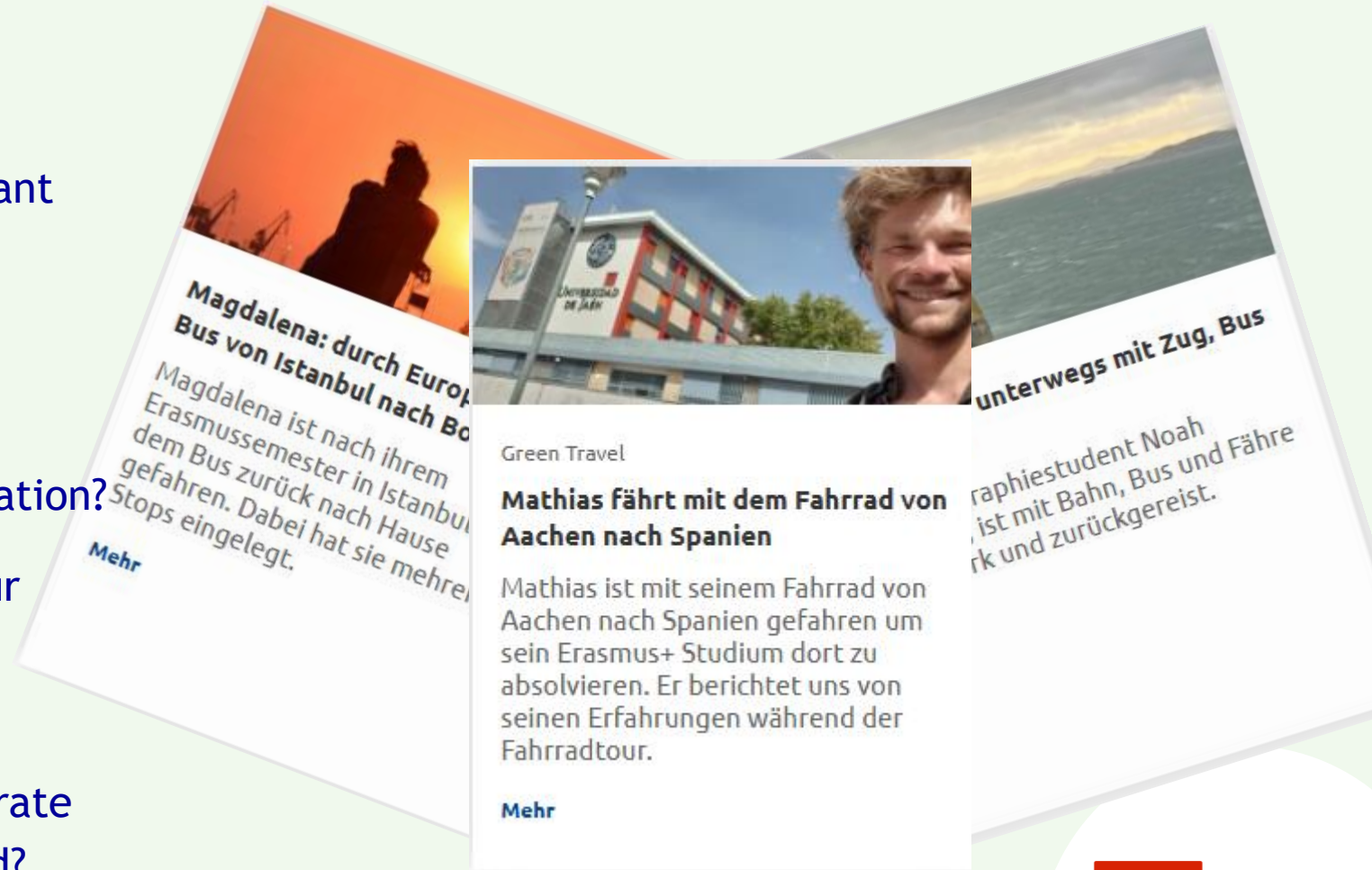
after



AND AFTER? SHARE YOUR GREEN EXPERIENCE!

Please send us a short **experience report** (voluntarily) (1-2 pages) with one or two relevant photos and answer the following questions:

- Transportation, costs and itineraries for the outward and return journey?
- Easy-to-implement tips at the exchange location?
- What kind of offers were available from your university (home or host institution) and/or traineeship employer?
- How easy or difficult was it for you to integrate sustainability into your Erasmus+ stay abroad?





AND AFTER? CONTINUE AT HOME!

Use your return from your trip as an opportunity to see which of the sustainable choices you made would work at home. Using public transportation, supporting local businesses, and eating locally produced, seasonal foods can become commonplace.

Find out about environmental protection initiatives in your hometown or study location, initiate new environmental projects, or support global projects to protect nature, animals, and the environment!

Our planet will be thankful!



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CONTACT

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(telephone consultation hours Mon - Fri from 09:00 until 11:00 am and upon request)

Online consultation every Tuesday between 11:00 and a.m. and 12 p.m.:

<https://h-ka-de.zoom.us/s/94611726965>